

# The Rocky Mountain Leader



Fulton Herbold

January

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# The Rocky Mountain Leader

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## MISS COOLEY'S VISIT

Miss Elizabeth Cooley, graduate dietitian of the State University unit at Bozeman, visited and made a report on, our institution. She spent one week here, as she had done at some other institutions, and after examining our records, which we gladly threw open to her, and visiting all departments, day by day, for a week, she made her report to the Governor. Some parts, not pertinent to our work, have been omitted. Otherwise it is as follows:

### PURPOSE OF THIS SURVEY

The purposes of these studies were to observe different types of institutions; to observe conditions of food preparation in them; to find the amounts wasted; to note food selections, cost and quantities bought; and lastly to note any special ways of keeping tab on patients—first for the information and experience of the investigator and secondly with the thought that the results might be of interest and value to the officials of the respective institutions.

### Methods of Obtaining Data

A week's visit was made at each institution. The first day was generally spent in observation of conditions noting any special features about the diets, patients or methods of keeping track of them. Next, visits to the dining room or rooms, kitchen and storehouse were made.

The menus for two weeks periods were obtained, and in every case

those for a month or two before were studied to be sure that the ones for the week of study were typical.

Amounts of food were recorded on cards from day to day. Cost of the food, units of purchase and unit costs were also noted on these cards.

The total number of people served, the total budget and the food budget were also noted.

Calculations of the calories, minerals, cost and vitamin content were made at home. The cost per person, per day with the number of calories, and the minerals received is given in the summary with each institution. (a) All Calculations were made from Rose's Laboratory Manual.

Rose's method for abbreviations of Dietary Calculation with large quantities was used. With this one exception it was found excellent. In calculating the last group "Animal products exclusive of whole milk, and fat," the factors did not prove out, so I calculated the total calories and

protein calories as usual, and subtracted the protein calories from the total calories to get the fat calories. In no case in the group were carbohydrates considered since they were present in such very small amounts. With this exception the factors were used as they stand.

### **The School for the Deaf and Blind**

Boulder is an educational institution for unfortunate children either deaf or blind, to prepare them to become useful citizens. The pupils are there for nine months of the year, and have regular classes five days of the week. Several of the teachers are deaf-mutes themselves, which makes them more sympathetic and patient with these children, than many normal people would be. Most of the children are very bright, and learn quickly, as is shown by the fact that they cover practically the same range of work in school in the same time as normal children.

The ordinary grammar school subjects and also vocational subjects, with practical applications, are taught.

The Superintendent, H. J. Menzemer, told me that Meningitis, Scarlet Fever and Measles, in the order named, were the primary causes for deafness. Sometimes it is hereditary but generally is caused from disease. It may be of interest to know, that there is only one sign language and that these people can talk to people from any other country or of any nationality.

The school for the Deaf and Blind, consists of three buildings. In one of these is the main office for the school. A part of this building is used for class rooms, part for living quarters for the officials and part for the boys' dormitory. In the second building, the kitchen, dining room, print shop were located, while in the third building the household store room, girls' dormitory, gymnasium and a few class rooms were located. The buildings, tho old, were kept clean and neat. The children kept their quarters clean. The kitchen help was not as permanent as in the other two institutions visited

because the school was run only for nine months, and altho most of the officials stayed on, this was not enough to warrant keeping much of the kitchen force during the summer.

The children were served a half hour earlier than the teachers and officers so that the later could have the supervision of them during that time.

The kitchen was not as light nor as well ventilated as in the other institutions visited. Artificial light had to be used most of the time. This I think was partly due to the fact that the visit was made during the last days of December when the days are usually short.

The Christmas Menu is also included in this study. This shows something of the extras that are given to the children. Parents and friends are urged to send jams and fruit to the children rather than cake and candy, although much of this is sent also.

The officers' menus are nearly the same as those given the children. The exceptions are that the officers are given more meat, butter in place of oleo, pie once in a while, and coffee and cream. All menus are filled with the superintendent every month and before they are served they have his approval.

The total waste including potato peelings, and table waste, does not average over ten pounds a day. The children's and officers' dining rooms were light and airy. One older girl and an older boy sat at the head and foot of the tables. When a new student came to the school he was put in charge of an older pupil, who was to show him the customs of the place, and often correct his table manners.

For one who had never been in an institution of this type, it is fascinating to watch the use of the sign language. Emphasis is put into what is said by gesticulations.

The enrollment of the school when visited, totaled 90 with the distribution of ages as follows:

|                     |    |
|---------------------|----|
| Under 10 .....      | 16 |
| From 10 to 15 ..... | 40 |
| Over 15 .....       | 34 |

## MENUS FOR BOULDER

## For Three Days

Sunday—December 23rd.

## BREAKFAST

Cold cereal  
Sausage  
Potatoes  
Bread  
Coffee and Milk

## LUNCH

Roast and Gravy  
Bread  
Peas and Mashed Spuds  
Ice Cream and Cake  
Milk

## DINNER

Potato Salad  
Bread  
Apple Butter  
Cake and Canned Pears  
Cocoa

Monday—December, 24th.

## BREAKFAST

Oatmeal  
Potatoes  
Bread  
Coffee and Milk

## LUNCH

Hash and Gravy  
Bread  
Corn  
Boiled Potatoes  
Rice Pudding  
Milk

## DINNER

Bacon  
Macaroni and Chesse  
Bread and Oleo  
Cake and Canned Apricots  
Tea and Milk

Tuesday—December 25th.

## BREAKFAST

Cold cereal  
Hot Milk Toast  
Canned Peaches  
Coffee and Milk

## In Gymnasium

Baked Cheese Cracker or Toast  
Ice Cream  
Fruit Cake  
Milk

## DINNER

Vermicelli Soup  
Crackers  
Dressing and Gravy  
Roast Duck  
Roast Turkey  
Bread and Butter  
Mashed Irish Spuds  
Browned Sweet Potatoes  
Peas, Celery and Horse Radish  
Cranberry Sauce  
Pumpkin Pie and Mince Pie  
Coffee and Milk

## Comments on the Summary

With the exception of things classed under the meat group, further explanation seems unnecessary. In the meat group, skim milk, and eggs are included, besides meat. 600 qts. of milk were used during the week which makes a splendid average of two and one half cups ( $\frac{5}{8}$  of a quart) per person per day.

The minerals are above the safety line, as are the amounts of Vitamin "A" and "B". The Vitamin "C" content is low. It seems that it would be advisable to increase this by serving more variety of green vegetables (which at this season would have to

be canned) or by serving fresh fruits and as apples.

The cost averaged 33 cents per person per day, which was quite moderate.

It would seem that the adequacy of the diet in all particulars, should be of utmost importance for these growing children, and that the State Appropriation should be sufficient, to cover the inclusion of more greens and a few fresh fruits. Of course the cost of these would be higher at the time of year this study was made, and it is quite possible that if the institution had been studied in the fall or spring, the lack would not have appeared.

The breakfast menus all seem a bit too hearty for young students. Potatoes and cereals both are not needed in the same meal and the use of meat for breakfast is questionable. Fruit could substituted for practically the same cost.

No butter is used here but this cannot be considered serious since whole milk is used quite generously. While coffee appears on the menus it was never served to the children under fourteen.

### Final Summary --

As a final summary for all the institutions, I would like to quote from H. A. Pratt and R. D. Milner: (a)

"Improperly cooked or flavored or unattractively served food may fail to stimulate the appetite; it may be unfamiliar or too familiar in appearance or taste to be palatable."

Frequently one of the principal causes for table waste is unsatisfactory preparation of food including cooking, flavoring and garnishing. When food is well cooked and tastefully served, and so attractive to the eye as well as pleasing to the palate, it is much more apt to be economically eaten,— a considerable part of the pecuniary, and indeed the hygienic, economy of nutrition depends upon the methods of handling the food in the kitchen and dining room. Much more attention can be given to this phase in a family than can possibly be given in a large institution, but even in the latter it is worthy of more consideration than is sometime given.

Monotony in diet is especially to be avoided as this has a decided tendency to diminish the relish for food.

Foods come to be associated with days of the week, and pleasurable effect when the meal is a surprise is very much diminished. Waste cannot be avoided but it can be kept at a minimum."

People who have never lived in an institution cannot realize some of the inherent disadvantages of feeding in large numbers, and those in charge of institutions can make improvements only in so far as money is provided them. The science and economics involved in providing adequate and pleasing menus on limited cost, requires a background of scien-

tific training and practical institutional experience. It is false economy to leave this vital phase of work in the hands of cooks or matrons with no scientific training, no matter how competent or interested they may seem. Trained Dietitians are comparatively new workers in most institutions, but with the few exceptions which prove the rule, are proving themselves invaluable. Their training demands a salary higher than the average paid in institutions. but the saving effected and what is more important the better balanced and pleasing menu served, prove the wisdom of the added expenditure. Many times, women who are too young to be permanently satisfied with the long hours of service and confinement which usually accompanies institutional positions, are employed, and this has resulted in a large turnover in this line of work. Most of the complaints against dietitians by those in charge of institutions, have this basis. It must be remembered that this is a comparatively new field of work, and that time will provide a large group of experienced mature workers, will not chafe under the restriction of institutional life.

Montana Institutions, with the possible exception of Warm Springs, are comparatively small and the expense of a dietitian is correspondingly greater. The problem might be in part solved by the employment of an experienced State Dietitian who would work with the State Purchasing Agent and with those in charge of each institution. A more permanent policy could thus be established and the local dietitian or experienced untrained worker, could come and go without too seriously upsetting the routine of the institution served. The State Board of Control in Wisconsin has recently adopted this plan. The fact which the public in general and State Officials in particular should recognize is that the field of the dietitian is a specialized line of work and that the average head of an institution does not have, and should not be expected to have, the time nor the knowledge to administer this phase of work with the desired efficiency and satisfaction without

trained assistance. A state dietitian could undoubtedly render service to other institutions of the state as the Vocational School for Boys at Miles City, the Vocational School for Girls at Helena, the Orphans' Home at Twin Bridges and the Penitentiary at Deer Lodge.

### GALLAUDET PROGRAM

On the 10th of December there was a program in the chapel in honor of Thomas Hopkins Gallaudet.

Miss Miller and Miss Sturdevant were the ones that got up the program. The program was as follows:

|                                  |                 |
|----------------------------------|-----------------|
| Acrostic .....                   | Primary Deaf.   |
| Piano Solo .....                 | Frank Heffern.  |
| Acrostic of Howe .....           | Primary Blind   |
| Signed by Frank Amann.           |                 |
| Talk on Gallaudet .....          | Mr. Menzemer    |
| Interpreted by Mr. Taylor.       |                 |
| Life of Howe .....               | Pat Callahan.   |
| Folk Dance .....                 | Senior Girls.   |
| "My Work" Recitation .....       | Evelyn          |
| Krumm. Signed by Helen Chinadle. |                 |
| Piano Duet .....                 | Misses Wood and |
| Ross.                            |                 |
| Vocal Solo .....                 | John Selon.     |
| The program was very good.       |                 |
| Evelyn Krumm.                    |                 |

### THE CAMP FIRE NEWS

By Bessie McPherson.

On the second of December, we went to Miss Sturdevant's school room. She asked the old members if they could remember ten institutions in Montana. They answered her. Then the new members learned them. Next time they would write the ten institutions.

We had no meetings during two weeks because we were busy with Christmas. We filled the stockings with nuts and candy.

On the thirtieth of December, Miss Sturdevant, our guardian took us for a walk. Then we named the winter trees. The old members knew and taught the new members the trees in winter.

We had our ceremonial meeting on Saturday evening, December 20. We got lots of honor beads. We signed four or five different songs. Miss Sturdevant got the Torch Beaver pin. We congratulated her. Miss Miller got the Fire Maker's bracelet. All the new members were given their membership rings. Then we played a game. My side won. We had fun.

### THE CHRISTMAS PARTY

Christmas night we went to the gymnasium at seven o'clock. The refreshments, which consisted of sandwiches and cocoa, were served first. After we had eaten we played games. Miss Stinson was in charge of the games with the small children. They played "Going to Jerusalem" and other games. Miss Logan was on duty with the older pupils, but she let us High School girls take her place as she had to go to Butte to have her tonsils taken out. They played "Winkum," "Spin the Plate" and other games. We had lots of fun. Mr. Taylor was our judge for the game called "Spin the Plate." He told those who had to pay forfeits do many comical things. After the games we danced the one-step, waltz, three-step, and circle two-step. Miss Stinson and Miss Logan were on the committee of which Mr. Taylor was the chairman. Miss Wood, Miss Ross, and Frank Heffern furnished the music for the dancing. We danced until ten o'clock and then we thanked the members of the committee for giving us such a pleasant evening and retired. We all had such a good time at the party and wish that Christmas would come oftener than once a year.—Minnie Gummow.

### A USEFUL BOOK FOR THE ADULT DEAF

English Phrases and Idioms revised and enlarged to 468 pages, written by Dr. J. L. Smith, a deaf man and head teacher in the School for the Deaf, Faribault, Minnesota and published by the Ohio School. It is in a sense a self educator in language.

Price \$1.50. By mail post paid \$1.60.

The book will be sent on receipt of this amount.

Address, State School for the Deaf,  
Columbus, Ohio.

## Deaf Department

### LOCALS FROM THE GIRLS' SIDE

May Yaeger, Reporter

Edna Kupfer and Ethel Christie play with each other.

Barbara Barker tries to sign as well as we do, so we can talk with her.

Hildegard Wudell was very much surprised when her sister came on New Year.

Myrtle Dyrdaahl is getting fatter than she was. Hope she stays fat until June.

We are tired of seeing Helen Johnson dancing most of the time. Guess she will be a dancer.

Laura Manza permitted the big girls to read her funny papers which she got from home recently.

Myrtle Molyneaux seems to be quiet because she does not play or talk with the other little kids.

Ruth and Alice Cox received each a string beads for Christmas from their aunt. They are proud of them.

Those girls who did not open their packages until Christmas, were Velma Goldizen, Bessie McPherson and May Yaeger.

Lillian Pouliot has begun to learn how to wait on the tables. We, the older girls are glad to have more girls to help us.

Katherine and Bertha Noyd received an uncooked turkey from home. The cook cooked it and gave it to their table.

Stephia Tularski has been making a few dresses for herself. She is a fine dressmaker. Bet her parents will be proud of her.

Evelyn Krumm's sister, Fern and father went to Great Falls to a doctor. He said he could cure Fern's appendicitis without an operation.

Marion Sloan's sister, Marjorie spent two days with her. She was very much disappointed that her sister did not stay here for the dance New Year.

Montana Parr and Gertie Smidt are proud of their new watches from their folks for Christmas. They are the only two in the fifth grade who have them.

Irene Colwell received a letter from her sister recently saying she had moved to live in Iowa. Irene hopes she will come to see her some time next summer.

Ida Biavaschi was proud of her pretty red beads which her father sent her for Christmas. She wears them most of the time. She takes good care of them.

Helen Chinadle received a letter from home not long ago saying her family, except her father, went to Wisconsin to visit her relatives for about two months.

Thelma Penman got a box of nuts and candy from her father. He said he would like to send her more but his fingers were sore and he had blood poison in them.

Nettie Farthing received a letter from her mother recently saying that her brother has curly hair and eight teeth. She can't wait until she will see him next June.

Minnie Gummow is improving very well in the gymnasium. We, the seniors, are very much surprised to see her exercise. Hope she will try to do anything as well as she can.

We, the older girls helped to buy and get some flowers for Miss Logan who is our teacher. Miss Logan had her tonsils taken out by Dr. Donovan the day after Christmas. She is getting much better now.

The fifth, seventh and ninth graders and the special boys were invited to President and Mrs. Menzemer's home. They ate "Hot Tamales." They were delighted and thanked them for their kindness.

May Yaeger was surprised to hear when her friend came to see her from Butte. But May did not know her but she remembered May when she was a little child. She was glad to see her again. Her friend said she would come to visit the school sometimes.

## LOCALS FROM THE BOYS' SIDE

### Walter Herbold, Reporter

Joe Kuzara can skate on the ice very well.

Ole Olbu loves to play in a dialogue in society.

Edward Sparks got many things on Christmas.

Emil Ehert got a new knife. He is proud of it.

Edward Baker has a new niece and he is proud of her.

Edwin Sieler is interested in dancing since he came here.

Walter Herbold has a new nephew and he is proud of him.

Edward Olson's parents came to visit him for several days.

Jed Moe's father and mother came to visit him for several days.

Emil Bennett has a new step father. He thinks that is fine.

Leylan Wood's parents came to visit him and Miss Wood for several days.

Chester Patrick got a new suit and many things from his brothers and folks.

Billy Mayer and Robert Moschelle got two scooters. They are fond of them.

Lewis Howard got some letters from home. He was glad to get them.

Arthur Thomas got two new watches on Christmas. He is proud of them.

Raymond Johnson got twelve packages on Christmas. He was proud of them.

Lyle Olsen got a new pair of roller skates. He used them every day after school.

Delbert Peterson got a new pair of ice-skates. He is learning how to skate on ice.

Frank Corrigeaux can't skate on ice unless some one helps him, but he will learn.

Harry Schoenberg's youngest sister intended to come to visit him but she gave it up.

Henry Barker got some money from his mother which was his Christmas present.

Adolph Renner borrowed skates and he went to the ice to skate. He loves to skate on ice.

Delos Vandecar got a new suit from home. He is proud of it because it has long pants.

William Yaeger has seen "The Covered Wagon" twice. I think he wants to see it again.

Maurice Schoenberg got a new watch which was for Christmas from his sister in Minnesota.

Leonard Mount was excited when he saw Santa Claus. He thought that Santa Claus was real.

The big boys and some others went to see "The Covered Wagon" in the picture show. It was fine.

Delos Vandecar got a telescope from his home. It is valuable. It was his Christmas present.

Lloyd Revelle got many things for Christmas presents also he got a Bible from his grandpa and grandma.

Frank Amann got some packages from his relatives in Washington which were for his Christmas present.

John Nagel got an eleven dollar watch which was his Christmas present from his parents. He is proud of it.

Everett Gilliam was proud of Whitehall because they defeated Butte in basket-ball game. The score was 17 to 13.

Fulton Herbold and Walter Herbold will be glad to see their brother, Harry again in the spring. He will be at their home.

Roy Tuggle's mother came to visit him for several days. She stayed with Mr. and Mrs. Olson in Boulder town. They had a good time together.

Fulton Herbold got a letter from Miss Hallman, his teacher who is in Council Bluffs, Iowa. She said that his nephew, Max is in the school. She thinks he is cute.

## THE ROCKY MOUNTAIN LEADER

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THE ROCKY MOUNTAIN LEADER  
Boulder, Montana

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W. E. Taylor, Assistant Editor  
E. V. Kemp, Instructor in Printing

JANUARY, 1925

The legislature is in session once more and again the cry is for economy. We agree, very heartily that this is very necessary and are more than anxious to do our part, however, there is a minimum below which we cannot go and keep up the efficiency of the school. Our teachers are, for the most part, specially trained for their work; and after people have spent time and money preparing for a life profession they expect, and rightly, that they will receive recompense commensurate with that training and cost. Then, too, our teachers come, for the most part, from east of the Mississippi, since we have practically no training school this side, and that means expensive traveling. On the whole we should pay our teachers more than the average public school teachers and must do so if we are to hold the good ones.

Like some others, our section of the country has been infested with the tonsillitis germ. Several of our teachers and officers, together with some few pupils have been troubled with it, but most of them seem to be better. Our hospital is clear now and we are hoping that we can keep it so for a long time.

Examinations are on and it is a time of excitement—to say nothing of anxiety—for both teacher and pupil; for, no matter how well either has done his or her work, there is always some worry connected with

a "quiz." However, the "quiz" is healthy for both for it shows up the weak spots and gives them a chance to pull up, where they were behind.

Senators Garber and Peden, who were appointed as members of a committee to visit, among others, our institution, and to report back to the senate on its need, called on us Friday, January 16. They spent, as they expressed it, a very interesting day and left with a different idea of the school. So many people think that the deaf, the blind, and the backward children are all housed together when as a matter of fact the backward children have their own dining room, school rooms, play-ground—in fact are as much separated from the deaf and blind as they can be and still live in the same town.

We hope the senators can submit a favorable report on our institution. We enjoyed their visit and trust that they can come again and perhaps make us a little longer visit.

Some of our good friends played Santa, as they do most every year.

The Shattuck Commerical Co. sent us apples; Wm. Steele & Co., apples; Mr. Finerty, our very friendly night-watch, apples; Mr. Somers, nuts; Drs. Donovan and Morse, candy; County Attorney and Mrs. Johnson, records for the boys' Victrola at the ranch, and five dollars from the Masonic Lodge here at Boulder. In the name of our youngsters and of the Institution we wish to thank one and all for their gifts.

Our Christmas, this year, is one of the prettiest and happiest that we have had here for a long time. The weather was so cold that the "green" all fell off the trees and we had a bell suspended from a beam. It was about ten feet high and perhaps seven across. Under and around it were piled the youngsters' packages and many a longing eye was cast toward it as the children came into the "gym" on Christmas Eve. However, even this paled into insignificance when the other side of the "gym" "Santa Claus" emerged from the huge fire-place and greeted the

youngsters. When he had returned to his air-ship the packages, nuts, candy, and fruits were given out, and everybody was "shouting happy."

On Christmas Day we had a big duck and turkey dinner with all the trimmings and in the evening a big dance and party. The next day we had intended to have school but every one was surfeited with good things and logy from eating so we had a holiday.

Two or three pupils were called home, owing to sickness, and two were unable to return. This is unfortunate, but perhaps cannot be helped. We hoped another year that every child who enters in September can stay until June.

A new water softener has just been added to the equipment at the power house. There is, apparently, a gas in our water, that is released when the water is heated. This is a surmise by the chemists, who find our water particularly pure for drinking purposes, with very little solid matter in it. However, as soon as the water is heated, it corrodes the pipes through which it passes to such an extent that the pipes become eaten through in from two to four years.

We have worked over this problem for several years and have now decided to try the "Paige-Jones" water softener. Of course, we cannot yet tell whether or not it will stop corrosion, but we find that it makes a saving in the laundry and enables the workers to turn out better work.

### LAW REGULATING GOSSIP

Kentucky recently passed the following law:

"Any person who shall wilfully, knowingly, or maliciously repeat or communicate to any person or persons a false rumor or report of a slanderous or harmful nature, or which may be detrimental to the character or standing of such other person or persons, whether such person is a private citizen, an officer, or a candidate for office, shall be deemed guilty of misdemeanor and upon conviction shall be fined not less than ten dollars nor more than one thousand

dollars, or imprisoned not less than ten days or more than fifty days, or both so fined and imprisoned for each offense.'

The law is aimed against gossips. It is a practice against which law might well be aimed.

Unfortunately, there are a great many people in this world who make it their business to tear down the reputations of other people, whether their assertions are based on fact or not. They never know what the harm they do. They never know what may be the result of their wagging tongues. Themselves usually irresponsible, there is little recourse under civil law against those who spend their time in the assassination of other people's characters.—Oregon Outlook.

To place malicious gossip and bootlegging in the same class would be doing the latter an injustice but it might be well to have them placed on a common footing in the eyes of the law.—Maryland Bulletin.

The daily papers, a few days ago, contained reports of the first test of the law since its passage. In one of the Kentucky towns the officials sued a prominent citizen for circulating a report that they "split 50-50" with the bootleggers. In the trial the old plea "they say" and "I have been told" came up, but it developed that the antecedent of "they" must be given in court. The trial resulted in a conviction.—The Kentucky Standard.

So say we all.

### PART OF A SERMON IN RHYME

A little more deed and a little less creed;  
A little more giving and a little less greed;  
A little more bearing of other people's load,  
A little more godspeeds on the dusty road;  
A little less thorn and a little more rose,  
To sweeten the air and lighten the blows;  
A little more song and a little less glum,  
A cherry word for the tramp from the slum;  
A little less kicking the man that's down;  
A little more smile and a little less frown;  
A little more of the Golden Rule for others;  
A little more charity for burdened brothers;  
A little less care for wives not your own;  
A little less reaping what you have sown;  
A little less knocking and a little more cheer  
For the struggling fellow that's left in the rear;

A little more love and a little less hate,  
A little more neighborly chat at the gate;  
A little more flowers in the pathway of life,  
A little less on coffins at the end the strife.

—From a sermon preached in a Kansas City Church.

(Continued from page 7.)

I went to the library yesterday. I changed my book. This book is "The Art and Life Primer."

Richard Wilkinson.

My mother and sister came to see me after Christmas. Mother gave a box of candy to Mrs. Taylor.

Laura Manza.

My father sent me some red beads for Christmas. They are made of wood.—Ida Biavaschi.

The boys and girls went skating last Friday. It was not very cold. The ice was good. Miss Stinson and Mr. Altop took care of them.

Raymond Johnson.

We had a New Year's party. I had a fine time. We did not play games. All the children danced from seven to eight. Then, we had ice cream and cookies. Then, we went to bed. The big boys and girls danced until ten o'clock.

George Sparks.

My Mother sent a turkey to my sister and me. Mrs. Ross put it on our table the Sunday after Christmas. It was a fine turkey.

Bertha Noyd.

My father sent a turkey to Ruth and me. We ate it on Sunday. It was a fine turkey. Our friends liked it, too.—Alice Cox.

My father and mother and baby sister came to see me at Christmas. The baby is lovely. She loves me.

Edward Olson.

We had a huge evergreen bell instead of a Christmas tree. Santa Claus came down the chimney. He shook hands with us. He kissed Maryann Ayers. She laughed.

Julia Raniere.

On New Year's night, we went to the gymnasium for a party. All the boys and girls danced. At eight o'clock Mrs. Taylor, Mrs. Altop, Mrs. Ross and Miss Harrison served refreshments. Some boys helped them. We ate ice cream and cookies. After

we finished eating, we danced again. We went to bed at 10:30 o'clock. We had a good time on New Year's.

Nettie Farthing.

Last Saturday afternoon we went skating on the river. Arthur had a sled. He rode on it. He could not guide it straight. There was a crack in the ice and Arthur's sled went into it. Arthur was knocked on the ice. He cut his chin. It hurt. He went to the hospital. Miss Haug bandaged it for him.

Maurice Schoenberg.

December 30. My sister came to visit me. She stayed three days. I was very glad to see her. My sister left my birthday cake on the train. She forgot it. I think it went to Butte. I was very sorry for I wanted some to eat.—Marion Sloan.

Christmas Eve we went to the gymnasium and saw a large beautiful bell made from fir. It hung from the ceiling. It was lighted up. We saw Santa Claus come out of the fireplace. He shook hands with the little folks. Then he went away. I received four packages from home and four packages from Tacoma, Washington. We, boys played games on Christmas Day. We had a nice dinner just like the Thanksgiving dinner. We had a party on Christmas night. We danced and played games and had good refreshments. We had no school on Friday. Some of us, boys went to skate on the river on the day after Christmas.

Frank Amann.

Last Thursday afternoon, Mr. Drinville, Mr. Low and the big boys decorated the tree in the gymnasium. The tree was very beautiful. The big boys carried the packages to the gymnasium Wednesday afternoon.

We went to the gymnasium at seven o'clock. Then we sat down on the chairs. Mr. Menzemer and Mr. Taylor spoke to us. Santa Claus came down the chimney. He shook hands with the children. He went away. Then the teachers gave the packages to us. We carried them to our bed rooms and opened them. Some of the girls did not open their

presents until Christmas morning. We were excited. We put our presents on the beds and the teachers came and looked at them.

We had a big dinner at one o'clock. We had sweet potatoes, white potatoes, turkey, dressing, peas, cranberries, bread, jam, celery, pickles, mince pie and pumpkin pie. After dinner the boys skated on the ice. The girls played out in the snow in the afternoon.

We went to the gymnasium for a Christmas party in the evening. Some boys served the refreshments. We had sandwiches, cakes, cocoa and popcorn-balls. Then we played games and danced until 10:30 o'clock. We had a good time at the Christmas party. The next morning, we worked in our bedrooms. We played all day and some of the big girls sewed their dresses. We did not have school on Friday.

Stepha Tularski, Third Grade.

Christmas Eve we went to the gymnasium. In the gymnasium we saw a beautiful big bell made of fir. It hung from the ceiling. It was all lighted up. Santa Claus came down the chimney. He shook hands with the children and talked to them. Then the teachers passed our packages to us. I received a box from friends, Vera and Babe, one from Mr. Mott, one from Mother and my brothers and one from Aunt Anne.

Christmas Day we had a fine dinner. We had turkey, celery, cranberry sauce, sweet potatoes, peas and pumpkin pie. Christmas night we had a Christmas party. We played "Winkum" and "Spin the Platter." Then we danced until ten o'clock. We surely had lots of fun at the party. We had a holiday the next day too.

Friday, December 26, Miss Logan went to Butte and had her tonsils taken out. She is still weak but she feels fine. Some of the girls and boys sent beautiful flowers to her. She was certainly pleased with them.

Helen and Adela Chinadle are in the hospital because they have the sore throat. I think they will be better in about two or three days.

Wednesday afternoon some of us

went down town to see the show. The name of the show was "The Covered Wagon." It was very good. Montana Parr.

## THE CHRISTMAS HOLIDAYS

On Christmas Eve we went to the gymnasium at seven o'clock. We took our seats facing the big Christmas bell made of evergreens. The children's presents were piled in a circle under the big bell. On a table near the bell were the presents for the teachers and officers. At one side of the room there was a big fireplace and chimney. Mr. Menzemer said he had received a wire from Santa Claus. Santa Claus told Mr. Menzemer that he would arrive to see all the good girls and boys about seven o'clock. At last Santa Claus did come down the chimney and he shook hands with all the little children. They enjoyed seeing him again. After a short time he said good-bye to us all. He went to see other children.

The teachers and officers took the packages which were under the bell and handed them to us. We were all very much excited. After the packages were distributed we went to the Girls' Hall. Only three of us in the hall did not open our presents until Christmas morning. The rest opened their presents Christmas Eve.

After this some of the girls wrote "Merry Christmas" on pieces of boards and heavy paper. We hoped to beat the boys and teachers with wishing "Merry Christmas" next morning. We did it.

The dining room was beautifully decorated Christmas Day. Mrs. Brown, Mr. and Mrs. Altop decorated it. Mr. Low, Miss Rathbun, and Andrews decorated the teachers' dining room. It also was beautifully decorated.

After breakfast we went back to the Hall and looked at our presents some more. By dinner we were hungry again and we had a fine big dinner. We had mashed potatoes, roast turkey, gravy, fried sweet potatoes, creamed peas, celery, cranberry jelly, pickles and pumpkin and mince pies.

Helen Johnson and I waited on the teachers' table on Christmas Day.

After dinner we took our beauty sleep and then got ready for the Christmas party which was to be at night. We had a splendid time on Christmas Eve and Christmas Day. Next day we had no school. We were very glad that we had no school because we were tired.

Bessie McPherson.

### THE NEW YEAR'S PARTY

We had a party up in the gymnasium New Year's night. Miss Harrison, Mrs. Altop, and Mrs. Taylor were the ones on duty. Mrs. Taylor was the chairman.

We danced first until eight o'clock. Miss Ross, Miss Wood, John Selon and Frank Heffern took turns in playing the piano. Miss Buhrer played the drums awhile and then Hugh Shields a blind boy, played them. At eight o'clock Mrs. Taylor told the boys to pick out partners and eat with them. The lunch consisted of ice cream and cookies.

After the lunch the music started again. They danced the circle two-step several times. Mr. Menzemer led it once and Miss Rathbun led it another time.

Mr. Menzemer told us there would be no school the next day and everybody was glad and made such a noise. The dance lasted until ten o'clock. I had a good time at the party and everybody else seemed to have such a good time too and we thanked everybody for trying to give us good time. We, older children went to Mr. and Mrs. Menzemer's home after the party and had hot tamales. They were so good and we all had lots of fun at their home.

Evelyn Krumm.

### SUMMER WORK

Last August my father and brother, Walter bought a new Hudson and a small reaper in Plevna and my brother can drive the Fordson and my father runs the reaper working from ranch to ranch every day.

My uncle, Albert, my friend and I forked the piles of wheat into the reaper every day. I was not lazy. I worked forking them into the reaper from August until November.

My father, brothers and I went to the circus and we saw a fine parade and the clowns played August 27.

My brother owns a Fordson thrasher and there was a fire near the chaff and my father saw the fire. My brother drove the Fordson and saved his Fordson from the fire. My father's reaper was destroyed, he could not save it. My brother sold the Fordson in town. My father lost four thousand two hundred thirty-five dollars from the fire in the piles of wheat and his reaper last August. My father and my brother bought a big Oilfull tractor and a big reaper the next week.

I loved to fork the piles of wheat and hay at my home last summer.

I did not want to smoke at home. I said to my father, I will not smoke." He was glad to have me stop smoking in school and on the ranch at home. My brother, Walter and I never smoked at home. Walter and I never touched tobacco for one year. He and I are careful of our bodies. We want to be strong and healthy so we will not use tobacco for smoking or chewing.—Edwin Seiler.

### THE BOW OF PROMISE.

Smile when you're happy and smile when  
you're sad;  
Smile when you're lonely at joy you  
have had.  
Laugh in the sunshine, smile through the  
rain,  
Trusting the bow of sweet promise again.

Smile in the gladness that nature has  
Wrought,  
Laugh down the sadness that folly has  
bought—  
Walk in the sunlight, the shadow disdain,  
Trusting the bow of sweet promise again.

Smile o'er the music that lingers in life;  
Laugh at the discord of folly and strife  
Smile from the mountain, through valley,  
o'er plain,  
Trusting the bow of sweet promise again.

Smile in your sorrow; through hope and  
desire  
Touch the soft notes of eternity's lyre.  
Laugh—and envelope the heart in the  
strain—  
Live in the bow of sweet promise again!  
—Dow Wallace Tate.

Trying to appear rich is exactly what keeps many people poor.—Sel.

## THE DEAF GET BEST EDUCATION IN UNITED STATES

No country on earth offers better educational advantages to the deaf child than the United States.

Schools abound in every state in the Union, and opportunities of securing a good education are free, without the stigma of charity attached to them.

Looking upon life as a sphere wherein usefulness and happiness go hand in hand, where is there a nation that can equal ours in many varied privileges that are offered to aspiring youth. Success in life is assured to all who strive for knowledge during their school days; who strengthen character by obedience and intelligent self-restraint; who learn to play their school games with energy and fairness that will later be required in the great game of life.

Dr. Frank Crane, a newspaper writer of wide celebrity, says:—

"Nine-tenths of efficiency is preparedness.

"If you are a boy, go through school. I have met thousands of men in my time; I never knew one to say he was sorry he went to school; I knew one who failed to finish his schooling that did not say he was sorry for it.

"Of all fools on earth, the boy who will not take an education when he has a chance is the most sickening. He is deliberately handicapping himself in a race where he needs every advantage."

This is true of a boy who has all his senses. It is doubly true in the case of all boys who have the misfortune to lack the sense of hearing.

It may be argued that there are men who did not finish their course at school who are getting along in life. But if they had finished their school course, if they had taken advantage of the full term the law allows, there can be no doubt that they would be getting along still better and making themselves and those depending upon much happier.

Some boys and probably some of the girls, go to school with the idea fixed in their minds that the teacher must give them knowledge, that they do not need to go after it. Some may be disinclined to study their lessons and expect the teacher to explain them. Such pupils should be taught to depend their own heads in memorizing and understanding the simple daily lesson. Once they get the habit of studying all things will come to them. It will make them confident and begin a self-reliance that will brighten and bring happiness, success and usefulness through all their lives.—Deaf-Mutes' Journal.

### VALUE OF THOROUGHNESS

Probably the thing more to be desired than any other in this day and age is mental thoroughness, though it is only of late years that much attention has been given to the subject. It has come to be well known that

a mere surface knowledge of a great variety of subjects doesn't amount to much in comparison with a deep and thorough knowledge of a few or even one. Of course, the wider our range of information the better equipped we are life's struggle, but as we have only a limited supply of brain force, we cannot hope to master all, and the next best thing is to get a thorough grasp of some one at least. In this connection we may aptly the words of Emerson: "The one prudence of life is concentration."

Educational systems which aim at "cramming" rather than thoroughness are radically wrong. It is not the purpose of education to cover the whole field of human thought and endeavor, but to instill sound principles of thought and action and to supply methods. It will not take the shrewd observer long to note the difference between the product of the two systems, the wrong and the right, between the shallow and the thorough man. The jack-of-all-trades and master of none, the walking encyclopaedia, may be a shining meteor for a brief space, but pin him down to logic and accuracy and he flounders hopelessly. The thorough man may not be very brilliant on the surface, he may even be somewhat slow, but he is steady, safe, and sure to pan out better in the long run. He is the type that men feel they can trust.

While the value of thoroughness is not a recent discovery, it is true that now, more than ever, it has become an indispensable condition of success. In this age of specialization there is no room for the dilettante (unless perhaps as an ornament of "high society"). Only the man born heir to millions can afford to skim the surface. Those who aim at distinction, or even moderate success, must know how to do some one thing well; and to do that they must direct all their researches to the end they have in view. It must be to them the alpha and omega, the center to which all lines converge. Desultory study and reading may be good enough as a form of recreation or amusement but it is not likely to prove of any great practical benefit. What Carlyle says of life in general we may well say of the intellectual life in particular: "The man without a purpose is like a ship without a rudder—a waif, a nothing, a no man."

—Exchange.

### THE BOY AND THE PIG

"See my fine hog," said a small under-sized, undernourished boy to some visitors at the state fair. "He got first prize and my daddy is very proud of him. He weighs 310 lbs. and is only six months old." A doctor was in the crowd and heard the boy. He looked at the hog and then at the boy.

"Son" said the doctor "why are you so small and thin while the pig is so large and fat? Do you drink lots of milk?" "Nope" said the boy "I don't drink no milk." "Why not," asked the doctor.

"'Cause daddy gives it all to the pigs."



CHRISTMAS TREE

## Blind Department

### THE LITTLE BIRD

Yesterday it was very cold and we could not have school in our room, so we moved over to the chapel. About half past nine we found a little bird flying around. He was glad to be in the room but he was hungry. Miss Wood asked if any of us had something to give him. I had some bread in my locker. I got it for Miss Wood and she gave it to the bird. I could hear him picking it off the floor. Sometimes he flew up high and hopped around on the deer heads. At recess he flew out the fire escape window and never came back.

Everett Cummings.

### LOCALS FROM THE BOYS' SIDE

Oscar Schoberg, Reporter

Frank Heffern is becoming quite an expert in type-writing.

Pat Callahan is reading the "Three Musketeers" to the boys of his dormitory.

Hugh Shields enjoyed reading the new Braille book he received for Christmas.

Now that the New Year is here Jacob Roberts hopes to accomplish many things.

The only birthday in December was that of Andy Mikkelson. He is trying hard to require a lot of dignity.

The blind department wishes to thank all the teachers and officers for their kind remembrance at Christmas.

Joe Zunick was greatly missed by the boys while he was home, having been called there because of his brother's illness.

Among the visitors at Christmas time were the father and brother of Nels Elmore, and Everett Cumming's mother and little brother.

Junior Lambert and Kenneth Ricketts hold heated debates over their spelling ability. We shall not be

able to hand down a decision until Spring.

During the holidays given them Christmas and New Year's Oscar Schoberg, John Antelope and John Selon had great fun ice skating. They hope the river will continue to be good.

### LOCALS FROM THE GIRLS' SIDE

Ester Spoonemore, Reporter

Esther Spoonemore was very glad to have her friend, Sophia Oppel for a visitor. Sophia is a former student of the school.

### ROLL OF HONOR

DECEMBER, 1924

#### Deaf Department

|                   |                     |
|-------------------|---------------------|
| Amann, Frank      | Moschelle, Robert   |
| Baker, Edward     | Mount, Leonard      |
| Barker, Henry     | Nickerson, Henry    |
| Barker, Barbara   | Noyd, Bertha        |
| Bennett, Emil     | Nagel, John         |
| Biavaschi, Ida    | Noyd, Kathryn       |
| Bubnash, Mary     | Olbu, Ole C.        |
| Carrigeaux, Frank | Olson, Edward       |
| Chinadle, Adella  | Olsen, Lyle         |
| Chinadle, Helen   | Parr, Montana       |
| Cox, Alice        | Patrick, Chester    |
| Cox, Ruth         | Penman, Thelma      |
| Christie, Ethel   | Peterson, Delbert   |
| Colwell, Irene    | Pouliot, Lillian    |
| Christianson, M.  | Renner, Adolph      |
| Ehret, Emil       | Raineri, Julia      |
| Farthing, Nettie  | Sieler, Edwin       |
| Gilliam, William  | Schoenberg, Harry   |
| Goldizen, Velma   | Schoenberg, Maurice |
| Gummow, Minnie    | Sloan, Marion       |
| Herbold, Fulton   | Sparks, George      |
| Herbold, Walter   | Thomas Arthur       |
| Holliday, Willis  | Tuggle, Roy         |
| Howard, Lewis     | Tularski, Stephea   |
| Johnson, Helen    | Vandecar, Delos     |
| Johnson, Raymond  | Wilkinson, Margaret |
| Kazara, Joe       | Wilkinson, Richard  |
| Krumm, Evelyn     | Wood, Leylan        |
| Kupfer, Edna      | Wudel, Hildegard    |
| Molyneaux, Myrtle | Yaeger, May         |
| Manza, Laura E.   | Yaeger, William     |
| Mayer, Edward W.  | Young, Fern         |
| McPherson, Bessie | Young, Dorothy      |
| Moe, Jed          |                     |

#### Blind Department

|                   |                   |
|-------------------|-------------------|
| Antelope, John    | Ricketts, Kenneth |
| Callahan, Pat     | Roberts, Jacob    |
| Elmore, Nels      | Schoenberg, Oscar |
| Heffern, Frank    | Selon, John       |
| Spoonemore, Hilda | Shields, Hugh     |
| Mikkelson, Andy   | Zunich, Joe       |
| Lambert, John     |                   |

## Children's Page

By Miss Sadie Lillard.

### JANUARY

Hurrah for the jolly old winter!  
The King of the seasons is he,  
Though his breath is cold and icy  
His heart is full of glee.

He piles up the beautiful snowflakes  
On the apple trees bare and brown,  
And laughs when the north wind  
shakes them

Like a shower of blossoms down.

Hurrah for the jolly old winter!  
He shouts at the door by night,  
"Come out where the ice is gleaming  
Like steel in the cold moonlight."

—Selected.

### THE TEN LITTLE PIGS

Ten little pigs lived in a pen. They had short curly tails. One day they made a hole under the fence and ran out. They saw some pails near the kitchen door. They were hungry and ran to the pails to get something to eat. They upset a pail. Mrs. Smith heard the pigs and opened the door. The pigs ran back to the pen very fast.

How many little pigs lived in a pen?

What kind of tails did they have?

What did they do one day?

What did they see near the kitchen door?

Where did they run?

What did they do?

Who heard them?

What did she do?

What did the little pigs do?

### TOM'S VISIT

One day last winter Tom went to see Fred. They played in the yard. The snow was deep. Fred and Tom built a high snow wall. They made snowballs and threw them at each other over the wall.

Fred's little dog Jack played, too. He tried to catch the snowballs in his mouth. The snowballs broke. Jack barked at them.

By and by Fred's mother called them. They went to the house. She gave some hot chocolate and crackers to them. They thanked her.

### HOW KING ALFRED OF ENGLAND LEARNING TO READ

When King Alfred of England was a little boy, children did not learn to read and write as they do now. All writing was done with a pen or a brush. The pictures were painted and this made books very costly. Alfred's father cared more for hunting than he did for reading, but his mother was anxious that her boys should be able to read. One day she showed Alfred and his three older brothers a handsome book that had been given to her. They thought the hand-painted pictures were beautiful, but they could not read the story. The oldest son said, "I would rather have a good bow and arrow." The next one said, "I'd rather have a fine hawk for hunting." The third boy said, "What's the use of my studying? I'm a Prince. Why bother learning to read?"

Young Alfred looked at the beautiful book, and without a word turned away. Several weeks passed and the book was not mentioned.

One morning Alfred said to his mother, "Mother, may I see that book again?" His mother placed it carefully on the table and Alfred turned the pages very slowly. Then, to her surprise he began to read the story.

"Why, Alfred!" she cried, "how did you learn to read?"

"Every day since you first showed us the book, I've studied with one of the monks. It was hard work learning the letters, and how to put them together into words, but now I can read—and the book is mine, isn't it, mother?" replied the boy.

"It certainly is," said his mother. "I am proud of you, and if you ever become a king, you'll be a wise one." His mother's words came true, for he became the wisest king that England ever had. He was called Alfred the Great.—Selected.

# Montana School for the Deaf and the Blind

## Boulder, Montana

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Mrs. C. E. Altop, ..... Little Boys' Supervisor  
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Basket and Hammock Making  
Broom Making  
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Edwin Ivey, ..... Third Engineer  
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Mrs. H. G. Hubbard, ..... Ranch Matron  
Wm. Pentz, ..... Dairyman  
Geo. Chidlow, ..... Colony Boys' Supv.  
Delbert Pentz, ..... Ranch Hand  
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Lena Miller, Etta VanWagnen and Lola  
Smith, ..... Laundry

